

## 2Spaghetti&MeatSauce35

Number of Servings: 35 (193.3 g per serving)

Amount	Measure	Ingredient
4 1/4	lb	Beef, ground, hamburger, pan browned, 10% fat
5.00	cup	Sauce, spaghetti, low sod
2 1/2	qt	Sauce, spaghetti, garlic & herb, chunky, cnd
2 1/8	lb	Pasta, spaghetti noodles, enrich, dry, all brands
1 1/8	cup	Cheese, parmesan, dried, grated

### Nutrients per serving

Nutrition Facts		
Serving Size (193g)		
Servings Per Container		
Amount Per Serving		
Calories 320	Calories from Fat 100	
% Daily Value*		
Total Fat 11g		17%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 390mg		16%
Total Carbohydrate 32g		11%
Dietary Fiber 3g		12%
Sugars 10g		
Protein 22g		
Vitamin A 10%	• Vitamin C 8%	
Calcium 10%	• Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Notes

\* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef  
 RECIPE MADE WITH part LOW SODIUM & part REGULAR SPAGHETTI SAUCE to keep sodium level acceptable

Cook spaghetti in boiling water according to directions on package (as you are adding speghetti to boiling water break it into thirds to make it easier to serve). Drain and store in cold water to keep noodles from sticking. Drain when ready to use.

Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.

Add spagetti sauce and bring to a simmer, stiring occasionally.

Combine meat sauce and cheese and stir. Add drained, cooked spaghetti. Stir lightly. Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 325 degrees F for 45 minutes to 1 hour. Serve at 160 degrees or hotter.

Serve 1-1 1/4 cup serving using an 8 oz ladle (1c) or 10 oz (1 1/4 c) = 1+ grain, 2 oz meat, 2 vegetable serving

1 serving = 33 grams carbohydrate = 2 Carb Serv